

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# November 2023

## BOWDEN

			10:00 Zumba Chair Fitness  11:30 Rec Meeting <b>1:30 Scenic Drive</b>  6:15 Jeopardy	1 9:30 Physio Fitness 11:00 Mobile Market 2:00 Water Colors with Jess <b>6:15 Movie Night: "Mama Mia"</b>	2 10:00 Active game 10:45 Music with Jaideen  2:00 Craft 2:30 Coffee Group (Family Rm)	3 10:00 Obie 11:15 Manicures	4
10:00 Hockey  2:30 Sunday Service with Don	5 10:00 Drumfit <b>11:15 Resident &amp; Family Council</b> 1:30 Choir 2:30 Arts & Crafts	6 9:30 Physio fitness 10:15 Active game <b>12:30 Dine in</b>  2:15 Bingo	7 10:00 Zumba Chair Fitness  2:00 Music Appreciation  6:15 Games Night	8 9:30 Physio Fitness 11:00 Mobile Market 2:15 Art Class <b>6:30 Live Music with Peter</b>	9 10:00 Obie 10:45 Music with Jaideen  <b>2:30 Remembrance Day Service</b>	10 <b>Remembrance Day</b> 	11
2:30 Sunday Service with Don	12 10:00 Drumfit 1:30 Choir 2:30 Table games	13 9:30 Physio fitness 10:15 Active game  2:15 Bingo	14 10:00 Zumba Chair Fitness 11:00 1:1 visits <b>2:30 Birthday Party with Mike</b> 6:15 Obie	15 9:30 Physio Fitness 11:00 Mobile Market 2:15 Art Class <b>6:30 Live Music with Brian</b>	16 10:00 Active game 10:45 Music with Jaideen 12:30 Arden Dine in 2:00 Armchair Travel 2:30 Coffee Group (Family Rm)	17 10:00 Obie 11:15 Manicures	18
10:00 Curling  2:30 Sunday Service with Don	19 10:00 Drumfit 1:30 Choir 2:30 Arts & Crafts	20 9:30 Physio fitness 10:15 Ping Pong 11:00 Mike's Critters (E) 2:15 Bingo	21 10:00 Zumba Chair Fitness 11:00 Trivia  2:00 Music Appreciation 6:15 Scattergories	22 9:30 Physio Fitness 11:00 Mobile Market 2:15 Art Class <b>6:30 Live Music with Greg H</b>	23 10:00 Active game 10:45 Music with Jaideen 2:00 Music Appreciation 2:30 Coffee Group (Family Rm)	24 10:00 Obie 11:15 Manicures	25
10:00 Active game  2:30 Memorial & Sunday Service with Don	26 10:00 Drumfit <b>2:00 Decorate Christmas Tree</b>	27 9:30 Physio fitness 10:15 Active game  2:15 Bingo	28 10:00 Zumba Chair Fitness 11:00 1:1 visits <b>11:30 Lunch out to Spaghetti Factory</b> 6:15 Games Night	29 9:30 Physio Fitness 11:00 Mobile Market 2:15 Art Class <b>6:30 Live Music with Greg A</b>	30		